



Jamie Micco

Zip Code: 01742 Zip Postal: 01742-3329

Populations Treated: Children, Adolescents/Teens, Adults, LGBTQI

Organization: The Concord Center, LLC Treatment Options: Teletherapy

Disorders Treated & Specialty: Trichotillomania, Generalized Anxiety Disorder (GAD), Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity

Disorder, Bipolar Disorder, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Depression, Misophonia, Obsessive Compulsive

Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), School Refusal, Separation Anxiety, Social Anxiety Disorder,

Specific Phobias, Tourette's Syndrome, Trauma

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy (CBT), Exposure Therapy, Intensive Therapy, Intensive Exposure Therapy, Intensive Exposure Therapy, Intensiv

Therapy Protocols, Mindfulness

Payment Options: Sliding Scale, Accepts Credit Cards

Address1: 747 Main St Address2: Ste 324

Website: http://www.concordcbt.com

City: Concord

State/Providence: Massachusetts

Degree: PhD, ABPP

Email: jmicco@concordcbt.com Office Phone: (978) 405-2544

ABOUT

Dr. Jamie Micco is co-founder and managing partner of The Concord Center, a cognitive behavioral therapy (CBT) practice located in Concord, Massachusetts. She is also a Lecturer in Psychology at Harvard Medical School. She is Board Certified in Cognitive and Behavioral Psychology. She specializes in CBT for children, adolescents, and adults with anxiety disorders, obsessive-compulsive spectrum disorders, and depression.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure Therapy
Intensive Exposure Therapy Protocols
Mindfulness

POPULATIONS TREATED

Adolescents/Teens Adults Children LGBTQI Agoraphobia

Anxiety

Attention-Deficit/Hyperactivity Disorder

Bipolar Disorder

Body Dysmorphic Disorder

Body Focused Repetitive Behaviors

Depression

Generalized Anxiety Disorder (GAD)

Misophonia

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Posttraumatic Stress Disorder (PTSD)

School Refusal

Separation Anxiety

Social Anxiety Disorder

Specific Phobias

Tourette's Syndrome

Trauma

Trichotillomania

PAYMENT OPTIONS

Accepts Credit Cards

Sliding Scale





ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept insurance.

 $Know\ that\ you\ are\ not\ alone, and\ help\ is\ available.\ If\ you\ are\ in\ crisis\ call\ or\ text\ 988\ for\ the\ Suicide\ \&\ Crisis\ Lifeline.$

The members in ADAA's Find Your Therapist directory are listed for the sole propose of helping the public or serving as an ADAA professional member referral.

The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.

ADAA Website

https://adaa.org/

5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You

https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit and the state of t

Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTD, OCD and more!

https://adaa.org/resources-news/from-adaa-experts/videos

ADAA's Free Mental Health Webinars

https://adaa.org/resources-news/from-adaa-experts/webinars

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https://adaa.org/find-help/support

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